

The BiG Elite Football Development Programme Syllabus



<u>Sessions</u>	<u>Theme & Practices</u>
1	Making good decisions 1 - Awareness & head-up
2	Receiving skills 1 - Open body & safe side
3	Penetration 1 - Quick combinations & 1-2s
4	Making good decisions 2 - Switch on, on toes & paint picture
5	Receiving skills 2 - Movement (clever & dynamic) & spatial awareness
6	Penetration 2 - Stretch pitch & switch play
7	Making good decisions 3 - Adjust body
8	Receiving skills 3 - Screening / shielding
9	Penetration 3 - Clever / disguise passing & creativity
10	Assessment